

Charissa Knihtila, PhD, BCBA-D

Email: charissa.bcba@gmail.com

Location: California

Certificates

- Board Certified Behavior Analyst-Doctoral 2023-Present
 - Certification Number-1-12-12625
 - In good standing
- In Process: National Board Certified Health Coach
 - Course work through MindBody Behavior Completed August 2025
- Previous Certifications
 - Board Certified Behavior Analyst 2012-2023
 - Board Certified Assistant Behavior Analyst 2006-2012

Education

- Capella University March 2020-November 2023
 - Doctorate in Psychology, emphasis in Behavior Analysis
 - Dissertation:
 - Using Text Message Prompts and Episodic Future Thinking to Promote Daily Self-Monitoring of Health Behaviors
- Sage Graduate School September 2010-August 2012
 - Masters in Applied Behavior Analysis and Autism
- University of Wisconsin-Eau Claire September 2002-May 2006
 - Bachelors in Psychology, emphasis in Behavior Analysis
 - Minor in Music

Teaching Experience

- Texas A&M University February 2026-Present
 - Adjunct Faculty
 - Prepare and teach material in remote courses covering assessments and behaviorism content
 - Hold weekly live lectures via zoom
- Ball State University May 2025-Present
 - Adjunct Faculty
 - Prepare and teach material in online courses covering assessments, behavior interventions, and basic concepts.
 - Hold weekly office hours using Zoom
- Capella University January 2018-May 2025
 - Associate Professor: Jan 2020-May 2025

- Prepare and teach material in online courses covering assessments, behavior interventions, and the Master's ABA capstone course.
- Lead weekly live teaching sessions (1 to 2 hours depending on course) using Zoom
- Prepare materials to assist students in completing work using different technologies (videos, playposit, etc...)
- Subject Matter Expert: *May 2019 and May 2023*
 - Developed assignments, quizzes, and discussion questions for courses related to Bachelor's level ABA capstone and Master's ABA capstone
- Adjunct/Part Time Faculty: *Jan 2018-Dec 2019*
 - Prepare and teach material in online courses covering assessments, behavior interventions, and the Master's ABA capstone course.
 - Lead weekly live teaching sessions (1 to 2 hours depending on course) using Zoom
- Arizona State University August 2014-December 2019
 - Part Time Adjunct Professor
 - Prepare and teach material in online courses covering assessments and behavior interventions.
- Sage Graduate School January 2013-May 2019
 - Part Time Adjunct Professor
 - Prepare and teach material in online courses covering behavior interventions and autism specific coursework.

Clinical Experience

- CK Consulting & Wellness LLC May 2025-Present
 - Wellness Coach/Consultant
 - Provide 1:1 and group coach sessions related to health and wellness
 - Sessions focus on identifying behaviors to change and determining the best strategies to make and maintain these changes.
 - Sessions use motivational interviewing and ACT to follow the lead of the client in order to promote value based change that will maintain across time.
- MindBody Behavior May 2025-Present
 - BCBA Supervisor
 - Provide supervision hours across multiple application areas of behavior analytic practice
 - Follow all BACB guidelines and requirements
 - Provide feedback to supervisees and assignment unrestricted material related to their area of interest
- Creative Solutions 4 Hope August 2015-December 2015
 - Consulting Trainer
 - Provided 25-30 hours of in office training to RBT equivalent staff to prepare for transition to required RBT certification in California.
- Autism Spectrum Interventions November 2014-June 2015

- Associate Clinical Director
 - Supervised in-home ABA programming client ages 2 to 18 years.
 - Supervised BCBA supervisors and BCBA-candidates
 - Analyzed data to make data program decisions
 - Trained staff on implementation of the programs
 - Conducted parent training
- BCBA Clinical Supervisor (Various Locations) September 2009–November 2014
 - Conducted functional behavior assessments, provided clinical recommendations for hours of service, and provided written reports for a variety of funding sources.
 - Supervised in-home, clinic, and private school based ABA programming for client aged two to adulthood using multiple curriculum tools (i.e. ABLLS, ABLLS-R, VBMAPP, etc...)
 - Supervised and trained direct line staff (RBTs)
 - Planned for and provided all available billable hours for clients.
 - Graphed and analyzed client data to ensure effective procedures and proper programming decisions.
 - Trained staff and parents on implementation of the programs.
 - Love 2 Learn Consulting (Costa Mesa, CA)
 - June 2014–Nov 2014
 - Autism Spectrum Interventions (Fullerton, CA)
 - Feb 2013–Nov 2013
 - Coyne & Associated, Inc (San Juan Capistrano, CA)
 - May 2012–Dec 2012
 - Wellspring (Irvine, CA)
 - July 2011–Mar 2012
 - Step By Step Consulting/Rivers Bend Academy (Suffolk, VA)
 - Sept 2009–Apr 2011
 - The Lazarus Project (Plymouth, MN)
 - June 2007–March 2009
- Line Therapist/Direct Interventionist (Various Locations) September 2005–March 2007
 - Implemented behavior analytic services and collected data under the guidance of a BCBA in a clinic or university setting
 - Implemented verbal behavior interventions, discrete trial interventions, NET, incidental teaching, social skills training, direct instructions (using language for learning and reading mastery), touch math curriculum, etc... when appropriate and programmed for the client.
 - Partners in Excellence (North St. Paul, MN)
 - July 2006–June 2007
 - Campus Autism Project (University of Wisconsin–Eau Claire, Eau Claire, WI)
 - Sept 2005–May 2006

Research Experience

- ABA Research in Health and Wellness 2023–Present
 - Group dedicated to applying the science of behavior analysis to areas related to health, wellness, and fitness.
 - Projects Include:
 - Health Literature review
 - Purpose: To review behavior analytic journals up to 2024 to summarize the amount of behavior analytic research done on health and wellness topics
 - Currently in progress
- Teaching Behavior Analysis with Behavior Analysis Research Group 2018–2025
 - Group dedicated to researching the best ways to apply the science of behavior analysis in the teaching process at the university level. We focus mainly on how we can improve the effectiveness of the teaching as well as the experience for the learner.
 - Projects Include:
 - Effect of Group Size on Discussion Board Participation in Online Learning
 - Purpose: To compare the effectiveness of small versus large group discussions on the quality of learner posts and engagement in online discussion posts.
 - Completed 2020

Publications

- Writing Skills for Behavior Analysts (Book)
 - Reinecke, D., Knihtila, C., Papazian, J., Heyman, C., & Bratton, D. R. (2025). *Writing skills for behavior analysts*. Taylor and Francis.

Presentations

- ABAI Presentations
 - Eversole, S. E., Shanman, D. J., Knihtila, C., & Piazza, J. (2024). Using the Certified Behavior Analyst Learning Modules Series as a University Curriculum Supplement: Effective Strategies. Panel Discussion at the Association for Behavior Analysis International Conference
 - Knihtila, C. (2024). Using Text Message Prompts and Episodic Future Thinking to Promote Daily Self-Monitoring of Health Behaviors. Poster Session
 - Knihtila, C., Reinecke, D., Nepo, K., Bratton, D. R., & (2021). Using Behavior Analysis to Teach Behavior Analysis: Project from Virtual Research Labs. Discussion Boards for Learning, Socializing, and Enjoyment in Online Course Rooms. Symposium Presentation at Association for Behavior Analysis International Virtual Conference.
- CalABA Presentations
 - Bermudez, I., Glesne–Montague, H., Knihtila, C., & Lau, N. (2017). Getting Down and Dirtier: Working Towards Solving the Supervision Puzzle: The Jenga Blocks of the Supervision

Puzzle. Symposium Presentation at the California Association for Behavior Analysis Conference

- Bermudez, I., Glesne-Montague, H., Knihtila, C., & Lau, N. (2016). Getting Down and Dirty: Real life ABA applications of training dilemmas: Practicum vs. Independent Fieldwork which is the way to go? Symposium Presentation at the California Association for Behavior Analysis Conference
- Other Presentations
 - Knihtila, C. (2020). From Skinner's Operant Chamber to Our Courserooms: Increasing Learning Engagement Using Behavioral Principles and Gamification. Panel Discussion at Capella Virtual Faculty Conference.
 - Furr, M., Farley, B., Knihtila, C., Bratton, D., & Heyman, C. (2020). Coronavirus changed my hat! Mothers' perspectives on how COVID-19 functioned as an MO for behavior change. Panel Discussion at Woman in Behavior Analysis Virtual Conference.

Professional Affiliations

- California Association for Behavior Analysis (CalABA)
 - Academic Committee (2024-present)
 - Review state policies related to higher education
 - Review student research proposals
 - Determine student research awards for CalABA
 - Professional Standards Committee (2022-present)
 - Review invited speakers, accepted workshops, and accepted presentations for continuing education for BCBA, including if a supervision or ethics designation is merited, and SLP continuing education
 - Membership Committee (2020-2021)
 - Provided ideas and strategies to increase membership after the COVID-19 pandemic
 - Brainstormed ideas related to how to increase motivation of current certificate holders and students of behavior analysis to join CalABA
 - Contacted individuals about providing prizes for individuals who join CalABA as incentives
- Health, Sport, and Fitness Special Interest Group (ABAI)
 - Communications Manager
 - Support the SIG in promoting the mission through materials provided to the members
 - Assist in making and approving content to be used for social media
 - Provide support to all areas of the SIG when necessary
- Other Professional Affiliations
 - Association for Behavior Analysis International (ABAI)
 - Association for Professional Behavior Analysts (APBA)

Trainings

- Health and Wellness coaching
 - MindBody Behavior
 - Completed all educational requirements to sit for the National Board Certified Health and Wellness Coach exam
- Acceptance and Commitment Training
 - Praxis Training: ACT in Practice
 - Completed 24 hours of virtual training via online modules

Awards and Recognition

- Stephen Shank Recognition
 - Award through Capella University that involves a student nominating an instructor due to positive learner experience or special assistance that contributed to the learners success.
 - 2023
 - 2021